

Dad banned from rink after alleged assault on 2 teens

HOCKEY A hockey dad is no longer allowed near amateur hockey after he allegedly assaulted two teenagers.

The host team from Barrington took on Central Kings in a high school hockey game on Saturday afternoon.

The game went into overtime and two teenagers were cheering near the Central Kings' net.

Allegedly, a 45-year-old hockey dad approached the teenagers and a melee ensued. Other fans and arena security personnel quickly broke up the fight.

RCMP officers were called in and they arrested the man. He was released from police custody with conditions he stay away from the alleged victims and amateur hockey all together.

Alcohol was not a factor in the incident, say RCMP.

The Berwick man will be charged with two counts of assault and will make his first court appearance on April 23.

METRO HALIFAX

Riding the Recession

Looking for ways to save money and ride out the economic storm? Now through the end of March, Metro will share advice on how to cut down on expenses and navigate your way through the recession.

• Comment

Anne Hines shares her recession philosophies, pg 6

• This week
Health – How to deal with recession stress without pulling your hair out.

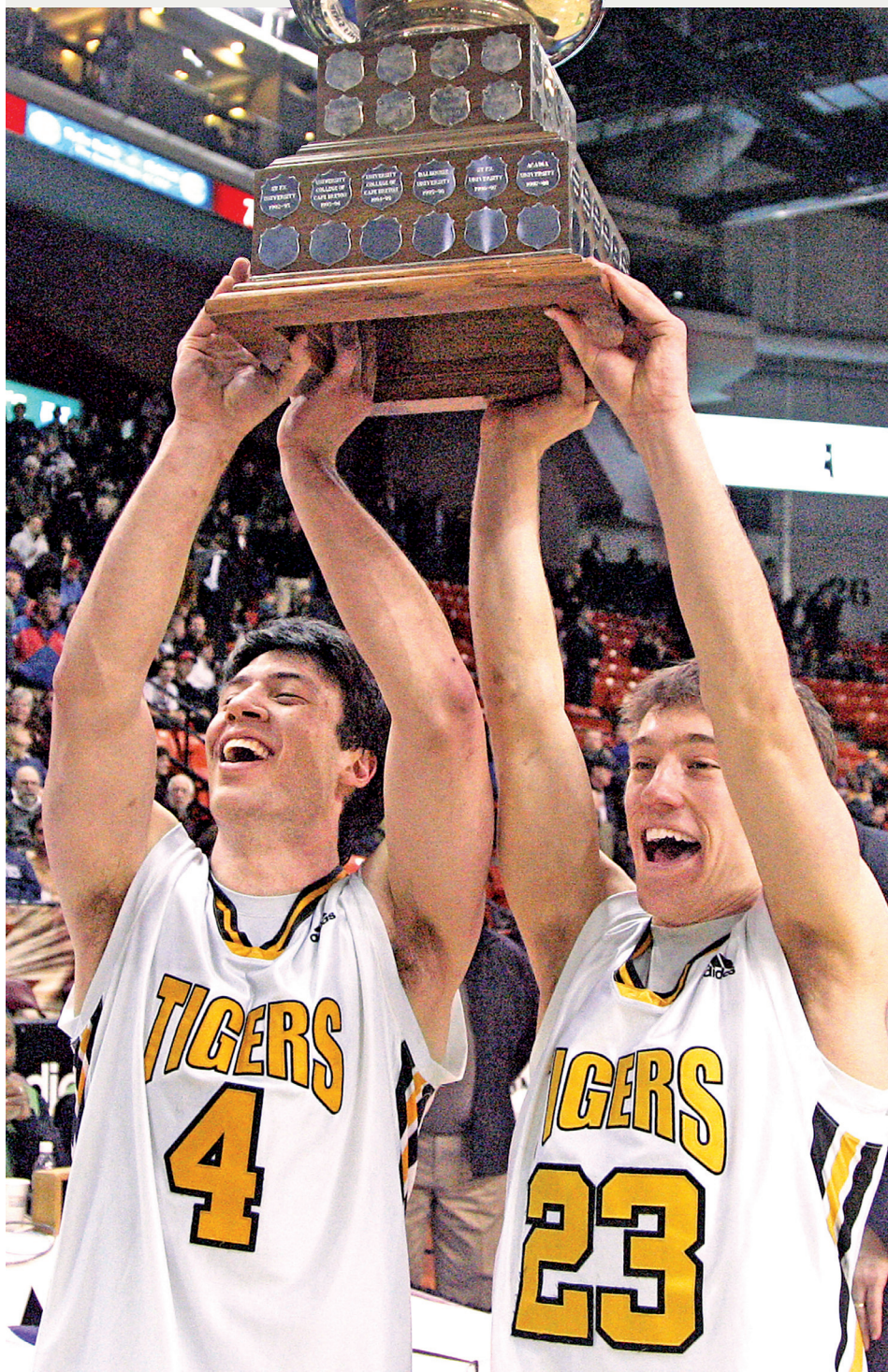
Auto – Putting the brakes on car maintenance costs and keeping the mechanic away.

Food – Meals for a steal.



AUS Basketball

Champions



Dalhousie guards Simon Farine, left, and Andrew Sullivan hoist the Atlantic University Sport basketball championship trophy after the Tigers' 72-60 victory over the St. F.X. X-Men at the Metro Centre on Saturday night. The win was the Tigers' first AUS championship since 1996. Story, pg 10

Dropping the limit

Motion tabled to lower city school zone speeds

PAUL MCLEOD
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City hall could vote tomorrow to lower the speed limit in school zones, but some councilors don't think it will make a difference.

Clayton Park West Coun. Mary Wile will put forth a motion to lower the speed limit in school zones from 50 kilometres per hour to 30 km/h.

But the city itself can't set the limit.

That's done by the provincial traffic authority. Dartmouth Centre Coun. Gloria McCluskey said other councilors have tried to lower the limit before but to no avail.

"Other people had talked about it and it just doesn't happen," she said. "It's up to the province to do it. It's their speed limit."

McCluskey also has doubts about whether lowering the limit would be effective. She said drivers currently ignore the 50 km/h speed limit and she doubts they'll start following the law if it's made even more restrictive.

"We'd all like to have low speed zones. But for instance there are schools in my district on Victoria Road, and you know they're not going to put 30 km/h speed limits on Victoria Road," said McCluskey.

Currently there are school zone signs that lower the speed limit to 50 km/h when children are in the area, even if the limit is normally higher.

It's not clear whether Wile's proposal would lower the speed limit only when children are present or all the time. Wile couldn't be reached for comment yesterday.

But Halifax North End Coun. Jerry Blumenthal advocated lowering the limit, saying it would be a "great idea" to protect children.

He wants to see the reduced speed limits kick in during school hours and said passing the motion would put pressure on the province to agree.

"They always say that children are very important, so let's see what they can do," he said.

One killed, another injured in train crashes

JENNIFER TAPLIN
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CRASH One man was killed and a woman critically injured after two separate train collisions on Saturday.

At 8 p.m. a Via passenger train headed from Montreal to Halifax hit a vehicle at

a crossing on Highway 277 in Lantz.

A 45-year-old man, the lone occupant of the vehicle, was declared dead at the scene.

Enfield Detachment RCMP officers are investigating the crash. They said the train was travelling at its normal speed of 100 kilometre per hour and the

Condition

• The 52-year-old woman hit Saturday was taken to the hospital and is listed in critical condition.

rail crossing equipment was working properly.

The road was clear and

dry and the street lights were on at the time. Via will be sending technical data and an autopsy will be conducted to assist with the investigation.

The man was from Lantz, but RCMP said yesterday they are not yet releasing his name until his next of kin is notified.

A 52-year-old woman was

walking on the tracks near Afton in Antigonish County when she was hit by a train on Saturday afternoon at 2:40 p.m. The train operator sounded the horn several times while trying to stop the train.

An RCMP spokesman said unconfirmed reports suggest the woman may be hard of hearing.

The federal and provincial governments announced a \$37.6-million construction contract to divert water from the Sydney Tar Ponds and Cove Ovens Cleanup remediation area during a news conference in Sydney on Saturday. The contracts have been awarded to two Nova Scotia firms. **METRO HALIFAX**

Local



Protection on the land

Agricultural Safety Week kicks off on Wednesday with this year's theme titled **Personal Protective Equipment Only Works If You Use It**. Nova Scotia Agricultural Minister Mark Parent will launch the week for the province this morning at an event in Canning, Kings Co. The week runs until March 17.

METRO HALIFAX

12-year-old's death under investigation

MEMBERTOU Cape Breton Regional Police are treating the death of a 12-year-old girl in the First Nation community of Membertou as suspicious.

Police received a 9-1-1 call at approximately 12:40 a.m. Saturday morning to 3 Kitpu Cres. Emergency Health Services were also dispatched.

As a result, a 12-year-old female is now dead after what police are calling a sudden death. They are treating the death as suspicious until all evidence is gathered to determine what happened.

Major crime along with the forensic identification unit and patrols also attended the scene.

An autopsy was scheduled to take place yesterday in Halifax.

Sgt. Barry Gordon of CBRPS Membertou division said in a release, "any sudden death is treated as suspicious until proven otherwise."

CAPE BRETON POST

ShareYourViews

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What's online today.

Video Comrades pay tribute to the latest soldier killed in Afghanistan at metronews.ca/canada

Video Pension and wage freezes part of tentative deal between GM and CAW at metronews.ca/canada

Blogs This week's It's Called Football show welcomes the COO of Ottawa's MLS bid
Comment Guidy Mamann writes on a dying nanny's final plea to Canada's immigration minister at metronews.ca/immigration

Lotteries

Friday, March 6

Lotto Super 7: 5, 12, 16, 20, 25, 39 & 45. Bonus 43.

Saturday, March 7

Lotto 6/49: 8, 12, 14, 22, 29 & 49. Bonus 11.

These results are not official.

Not enough women stick it out in politics: Local MP

JENNIFER TAPLIN
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Celebrating a record number of women in federal politics makes Halifax's member of Parliament furious.

"It just makes my blood boil," said NDP MP Megan Leslie.

Leslie was upset about a fax she received from Helena Guergis, Canada's minister responsible for the status of women, in regards to International Women's Day, which was celebrated around the world yesterday.

"The tone is supposed to be celebratory, but I read it and got really angry — 69 women out of over 300 MPs (for Canada)," Leslie said.

She said it should be 50-50 and then voiced some ideas as to why women don't stick it out in politics.

She admitted it's a complicated issue, but believes it comes down to the long hours and women's commitment to family.

"I know in my heart if the roles were reversed and my male partner was the MP and I was not, I think I



Halifax MP Megan Leslie spoke to Metro Halifax yesterday about International Women's Day. Leslie is upset about the low ratio of female MPs in Ottawa.

probably would have left him by now," she said, while chatting over coffee as the snow fell yesterday morning near the Halifax waterfront.

"If he were at home as little as I'm at home, I'd say that's unacceptable."

Many women get into these types of careers to achieve a goal, but they

don't stay because it's not the lifestyle they want, Leslie added.

"I think the women who stay in politics or demanding careers like law, they have to have some fire in them that makes them love this."

International Women's Day began in the U.S. in 1909. Some countries like China, Bulgaria and Russia celebrate women's achievements on International Women's Day as a national holiday.

Women face different challenges all over the world. Some women don't have any power even over themselves and are treated like property.

But in Canada, Leslie said women's issues include the still-present glass ceiling because many women are paid 70 cents to what men get for the same job.

"When I think about International Women's Day, I think childcare is about women entering politics, childcare is about women with HIV/AIDS being healthy, childcare is about women staying in their chosen profession; but it's not the only thing."

'Like virtual extortion,' says MP of website domain brouhaha

A Liberal MP for Cape Breton said the person who took over one of his secondary websites is requesting \$500 to give it back.

Rodger Cuzner, the federal representative for Cape Breton-Canso, was informed last week that rodgercuzner.ca is leading visitors to an online dating service for seniors looking to date younger partners.

Cuzner had owned the domain for years but said someone purchased it on Feb. 25, two days after its registration expired.

The Glace Bay native said the web page was active at the beginning of his political career, but

over the years, it mainly served as a link to his parliamentary page.

"You know a couple of things go through your mind. First I thought it might have been a text-savvy friend that was pranking me or something," said Cuzner. "It's a bit humorous at first, but then when you realize it has got real implications you become concerned and you look at it and it's almost like virtual extortion."

Cuzner and his advisers have since decided to secure related domains which drop the "d" off Rodger. He said those domains were purchased as a precautionary measure since his name

is often spelled incorrectly.

Having paid \$100 for three web addresses, Cuzner feels whoever bought rodgercuzner.ca is trying to seize on a profitable business opportunity. An office administrator has been in contact with that person, but is unsure of the person's full name or location.

"The advice that we're getting from the legal department of the House of Commons and Liberal research is we should get it, secure it and deal with it afterwards," Cuzner said. "I'm still not sold on the fact that I want to give these guys 500 bucks either ... the jury's still out."

CAPE BRETON POST

Voters back their choice

Central and northern Nova Scotians put their money where their mouths were last fall.

The community supported Bill Casey at the ballot box in the October federal election and now figures released by Elections Canada show they also backed the Independent candidate financially.

Casey raised \$97,895 from 452 contributors, more than double his previous high during the past three elections. Liberal Tracy Parsons raised \$19,560 from 90 contributors and the NDP's Karen Olsson garnered \$6,810 from 44 people. Figures for Conservative Joel Bernard and Independent Rick Simpson have not yet been posted on Elections Canada's website.



Bill Casey

"It was interesting the way it unfolded because we got contributions from a lot of different places. We even had to send some back from the United States."

MP Bill Casey

"It was interesting the way it unfolded because we got contributions from a lot of different places. We even had to send some back from the United States," Casey said.

Elections Canada does not allow people outside the country to contribute to candidates' campaigns.

Casey won the election by receiving more than 25,500 votes to defeat Olsson, who had about 4,680.

TRURO DAILY NEWS

Harper confirms Highway 101 construction

Prime Minister Stephen Harper was in Berwick on Friday to announce a \$17.5-million project that will see new passing lanes constructed on Highway 101 between Coldbrook and Kingston. The provincial government is also a part of the project with work expected to be completed next year. **METRO HALIFAX**

Giving cons a second chance

Program aims to reduce crime by helping criminals find a new path

JON TATTRIE
for Metro Halifax



While Prime Minister Stephen Harper pushes for longer prison sentences for gang crime and many in Halifax clamour for a similar crackdown, one organization is proposing a different solution.

Halifax's Centre for Entrepreneurship, Education and Development's Second Chance program recently celebrated its 10th anniversary. It recruits participants from prisons and shows them how to turn their street skills onto legal paths.

Edward Matwawana, manager of the program, says tougher sentences make for tougher criminals.

"Jail is the best school for crime. When they come out, they've got tattoos, they're pumped, they have a different attitude," Matwawana says. "We support those young people who say, 'I'm tired of this life, do you have an option?'"

The program teaches participants to integrate with mainstream society using business concepts.

"We teach them the business of life," Matwawana says. "The question is: Do



Edward Matwawana, left, heads the Halifax's Centre for Entrepreneurship, Education and Development's Second Chance program that helped Cory Cromwell, right, turn his life around.

you want to be bankrupt? Do you want a bailout? Or do you want to be successful?

"We say, 'What you were doing on the streets is running a successful business, just the wrong product and the wrong service.'"

Cory Cromwell grew up

in New Glasgow and wound up in Springhill penitentiary. He says it's dangerous to be alone in jail.

"You have to have some kind of backup," he explains. That backup is, of course, other criminals. "You learn how to enhance

your criminal skills. You've got all these men who are old enough to be your father telling you how to do it better."

Second Chance helped him break the cycle. When he was released, he turned to Matwawana and the CEED course. He graduated

as class valedictorian last year and is now an assistant trainee.

"Without this program, I have no clue where I'd be today," Cromwell said. "It helped me find out who I was, put some goals in my life and find some mentors."

Police dispute MacLean's findings

CRIME The Halifax Regional Police feel it's unfair to call Halifax the seventh most violent city in Canada.

A MacLean's magazine survey released last week about Canada's most violent cities concluded Halifax was at No. 7, the highest rank for any city east of Winnipeg.

But in a press release issued late last week HRP argues the city core was split up from Halifax County, which came in much lower at 84th place.

The police argued if the city and county had been combined than Halifax would have come in much lower on the list.

According to the survey, Saskatoon is the most dangerous city and Caledon, Ont., is the safest.

METRO HALIFAX

Teen exposes himself at bus stop

SUSPECT A teenager sat beside a woman in a bus shelter over the weekend, put his arm around her and then started to push down his pants.

It happened in a bus shelter on Joe Howe Drive at around 8 p.m. on Saturday night.

The 26-year-old woman ran from the shelter and called police. Officers scoured the area but couldn't find the teen.

The victim gave a detailed description of the suspect: He was a white teenager approximately 15 or 16 years old, with crooked teeth, a thin face and he had a "scraggly" mustache. **METRO HALIFAX**

Cops nab three in home invasion

ROBBERY Five people broke into a man's apartment and robbed him at knife-point Saturday night. At about 10:30 p.m. three men and two women entered a Joseph Young Avenue apartment through an unlocked side door. The 18-year-old male resident was assaulted and had a knife held to his throat. An Xbox, CDs and video games were stolen.

Police located three suspects, all teenagers. They face charges of break and enter and robbery.

METRO HALIFAX

News in brief

WARNING Police have sent out a warning after two 11-year-old girls were approached by an older man in a car late last week. The girls were walking home from school when a man driving a small, older white or grey vehicle approached them at the corner of Normandy and Leaman. The girls did not recognize the man, who offered them a drive home. The girls refused and the driver left. The man is described as white, between 50 and 60 years old with salt and pepper hair and a moustache.

CHARGED A third person has been charged in a string of robberies last Monday. A 15-year-old male was arrested by investigators without incident Thursday night and made a first appearance in court Friday morning. He has been charged with robbing a convenience store, a Holiday Inn Express and a Subway Restaurant.

FIRE Two teenagers were arrested after a garbage fire at Herring Cove Junior High Saturday evening. A police K9 unit tracked a student to his home, where a 13-year-old and 14-year-old were arrested for arson.

METRO HALIFAX

Tiny town tied to Nobel laureate

JON TATTRIE
for Metro Halifax



MOVIE Pugwash, the tiny village in northern Nova Scotia, has the curious distinction of being famous around the world and obscure in its own country.

The Strangest Dream, a film by the National Film Board of Canada, explores the unlikely story linking Pugwash to Nobel laureate Joseph Rotblat, the only scientist to walk away from the Manhattan Project before the atomic bomb was dropped.

"We realized the best way to tell the Pugwash story was through Rotblat. He had lived through so much tragedy, but he was able to turn things around and use his scientific knowledge to help humanity," explains Halifax filmmaker Eric Bednarski, the director of The Strangest Dream.

Rotblat joined the top-secret project to help the Allies beat the Nazis to the bomb, but became disillusioned.



Joseph Rotblat relaxes in his London office shortly before his death in 2005. He is the subject of the film The Strangest Dream.

"He had a real problem with what he was doing. He could foresee an arms race with the Soviet Union and he knew that the bomb would be dropped on the Japanese," Bednarski says.

Rotblat became a major advocate of nuclear disarmament. He gathered the

world's leading scientists and public figures to assess the dangers of the weapons in 1957. Various locations were considered before he accepted Cyrus Eaton's offer. The Canadian industrialist agreed to foot the bill if they held the meeting in his hometown: Pugwash.

Bednarski and his Na-

Screening tonight

- The Strangest Dream will show tonight at 7 p.m. at the Oxford Theatre, followed by a Q&A with the director, Eric Bednarski of Halifax.

tional Film Board team shot in New Mexico, Cairo, Hiroshima, London, Warsaw and, of course, Pugwash.

Rotblat died shortly before he was to have met Bednarski.

"That was obviously a huge challenge — how to make a film with the protagonist not being alive," Bednarski says. He used existing interviews and spoke to those who knew Rotblat well.

"Everyone agreed that he was charming, dedicated and a gentlemen, and that he could be very stubborn. The thing I got was the energy he had to the very end. He was well into his 90s, but he was still flying around the world and attending conferences."

Police in Thailand have arrested six people in connection with the death of a Quebec-born property developer on the island of Phuket last month. Francis Alex Degioanni, 34, was shot seven times while sitting in his car outside his house on Feb. 19. **CBC NEWS ONLINE**

Canada



NDP pushing for EI reform

The federal NDP says it's time the Conservative government made it easier for people to get employment insurance benefits. In a news release, the New Democrats said Statistics Canada numbers show only 43 per cent of unemployed Canadians and only 39 per cent of unemployed women currently qualify for EI under the government's regulations. **CBC NEWS ONLINE**

Avalanche claims 2 more skiers

SAM SMITH
for Metro Canada



B.C. An avalanche at a resort in Golden, B.C., killed two skiers Saturday after they ventured into a closed-off area prone to slides.

The deaths occurred just 13 days after a Quebec couple staying at the same resort went missing for nine days and had their SOS signs ignored.

In that incident, Gilles Blackburn, 51, survived but his wife, Marie-Josée

Fortin, 44, died before they could be rescued.

In the latest deaths, the two men from Calgary, aged 41 and 40, set out in a group of four on Saturday and passed through roped-off areas and signs warning visitors of the avalanche risk.

"The people passed over 20 signs," said Jordan Petrovics, manager of media events at the Kicking Horse Resort. "The message is there."

At the request of the family, Golden RCMP have not yet released names.

Ignatieff rebuilding Grits

New Liberal leader purging party of Stéphane Dion's policies

They are the acts of a politician turning the page.

The Green Shift carbon tax that was the centre-piece of the Liberals' election platform? Denounced and ditched.

The coalition pact formed with other opposition parties on Parliament Hill with an eye to toppling the minority Conservatives? Dead and buried.

The decision to give Green party Leader Elizabeth May a free ride in the last election? Tossed overboard.

Alberta's oilsands? Not so bad after all.

Like the housecleaning that follows a divorce, Liberal Leader Michael Ignatieff has been making a

"I think we have to demonstrate that we heard the message that what we had on offer was not acceptable."

Steven MacKinnon

clean break from the troubled era — and policies — of predecessor Stéphane Dion.

But the bad memories weren't carted out the back door in the dead of night.

No. This has been a very public cleansing, meant to send a deliberate signal to Canadians that the Liberals understand that the personality and policy they trumpeted in last fall's election was a bust.

"I think we have to demonstrate that we

heard the message that what we had on offer was not acceptable. Message received," said Steven MacKinnon, former executive director of the party.

"I think the party did get badly off track," he bluntly admits.

But now, after a string of body blows that have included bitter leadership battles, the sponsorship scandal and a string of federal elections that have depleted party coffers and stamina, Liberals are taking time to reset their com-

pass and rebuild the party.

There's no lack of motivation in the party ranks, thanks to last fall's election, which saw the Liberals drop to 77 seats with one of its worst showings ever in popular support.

"We haven't really paused to breathe new life into what we stand for. Michael is very much of the view that we have to do that now," MacKinnon said.

"The next part is giving meaning to what a Michael Ignatieff-led Liberal party will look like. I think the etchings of that are emerging," said MacKinnon, co-chair of a special committee on party renewal.

TORSTAR NEWS SERVICE

News in brief

POLITICS Federal Liberals appear on track to shake up the way they pick their leader, moving to a one-member, one-vote selection process that would give individual party members a greater say.

VOTE Hamilton MPP Andrea Horwath has been elected leader of the Ontario New Democrats. Horwath, 46, became the first woman to lead the party after winning on the third ballot. **METRO NEWS SERVICES**

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Toronto Marching for women's rights



Roughly 1,500 people marched in the streets of Toronto Saturday to mark International Women's Day. Marchers voiced their support for everything from child-care rights and jobs for women to women's rights in Iran, Sri Lanka and Gaza.

Bomb kills one soldier, injures four

AFGHANISTAN A Canadian soldier is dead and four are wounded after a roadside bomb blasted their armoured vehicle while the troops were on a patrol northeast of Kandahar City yesterday.

Trooper Marc Diab, 22, with the Royal Canadian Dragoons has been identified as the dead soldier, the fourth Canadian military death in Afghanistan in

less than a week.

Diab was a member of the 3rd Battalion of the Royal Canadian Regiment Battle Group based in Petawawa, Ont.

"His friends and comrades describe him as having a large heart for such a small guy," said Brig.-Gen. Jonathan Vance to reporters. "He would give you the world if he had it."

METRO CANADA

Games expected to close B.C. roads

OLYMPICS Street closures and the possible closure of the Sea-to-Sky highway to non-Olympic traffic could all be part of the Olympic transportation plan, expected to be released this week. It will aim to encourage walking, cycling and the use of public transit, which will have increased capacity during the Games.

METRO CANADA

Minister defends back-to-work decision

French Justice Minister Rachida Dati, 43, has defended her decision to return to work five days after giving birth. The move was chided by women's groups. **METRO NEWS SERVICES**

5

World



Afghan women attend a ceremony yesterday to mark International Women's Day in Kabul. Women and girls face challenges due to the global economic recession, one expert claims.

Celebrating women

Recession challenges noted on international day

Yesterday, International Women's Day, women celebrated the gains made in achieving equal rights and highlight the widespread wrongs that damage the lives of the 3.3 billion females around the world.

But the issue foremost in women's minds is the global recession, which has hit the most vulnerable half of humanity with exceptional force.

Seventy per cent of the poorest people on the planet are women and girls, and even in a wealthy country like Canada they are the ma-

jority of the poor.

Although the global downturn began in the financial sector, dominated by men, it is now bearing down on women, most often found in low-wage and part-time jobs.

The recession has plunged from wealthy to developing countries, where women lack safety nets to help them survive.

"As the economy slows, the disaster in the financial institutions is affecting the real economy," says Sylvia Borren, co-chair of the Global Call to Action Against Poverty, a

coalition of groups in 100 countries.

"What happens is the informal sector suffers first — the cleaning women, gardeners and people who do the household jobs. They are mostly women."

As worldwide consumer confidence fades, says the International Labour Organization, traditionally female service jobs in cafes and retail are also disappearing. It predicts that 22 million of an estimated 51 million to lose their jobs this year will be women.

TORSTAR NEWS SERVICE

News in brief

SHOOTING The pastor of a Maryville, Ill., church was shot to death during a service yesterday in front of horrified parishioners who then tackled the gunman, state police told CNN. Fred Winters, the pastor of the First Baptist Church, was killed during the 8 a.m. service, and the attacker and two parishioners suffered knife wounds in the attack, authorities said.

SUDAN Sudan's President Omar Hassan al-Bashir threatened yesterday to expel diplomats and more aid groups, brandishing a sword at a Darfur rally days after a Hague court issued a warrant for him for war crimes. Sudan has already closed 13 foreign and three local aid groups saying they helped the International Criminal Court. **METRO NEWS SERVICES**

United States to withdraw 12,000 troops from Iraq

IRAQ WAR The United States will reduce the number of troops in Iraq by around 12,000 in the next six months, the U.S. military said yesterday, a step in U.S. President Barack Obama's plan to end combat operations there in August 2010.

"Two brigade combat teams who were scheduled to redeploy in the next six months, along with enabling forces such as logistics, engineers and intelligence, will not be replaced," the U.S. military said yesterday in a statement.

Reducing the number of U.S. combat brigades in Iraq to 12 from 14 would

Shifting focus

• Six years after the U.S.-led invasion to oust Saddam Hussein, U.S. President Barack Obama plans to pull all combat troops out of Iraq by Aug. 31, 2010, leaving 35,000 to 50,000 support and training troops as Washington shifts its military focus to Afghanistan.

cut the number of American troops, currently around 140,000, by 12,000, said Maj.-Gen. David Perkins. Last month, Obama ordered 17,000 extra troops to Afghanistan.

REUTERS

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Comment

Gleaning wisdom with rice

HineSight

Anne Hines

metronews.ca/hinesight

Note: This column contains complex philosophical concepts and abstruse intellectual thinking. I don't understand it myself.

My past two columns have asked Are You Recession Ready? and explored the all-important topic of Recession Etiquette. Today, we'll consider, "What's the most important part of getting through this recession?" Not resorting to eating shrubbery, for sure. But, after that? The point is to come out of this difficult time wiser than we went in. Bet you didn't know that. See? You're smarter

already. What an amazing service I offer.

In university, I took a philosophy course. I quickly became convinced the reason universities teach philosophy is because professors enjoy making students suffer. This shows how little I knew. That's only one of the purposes.

A lesser goal of philosophy is to take basic questions of life that cannot possibly be answered and then attempt to do it anyway. This is supposed to make us wiser. Generally it just made me more confused. However, I suggest that in order to glean wisdom from the



Riding the Recession

recession we attempt a little Recession Philosophy.

One profound life question philosophers attempt to answer is, "Why am I?" Recession Philosophers attempt to answer, "Why am I broke?" Something like that.

The way philosophers answer questions no one can answer is by posing questions no one can understand. And yes, people get paid for doing this.

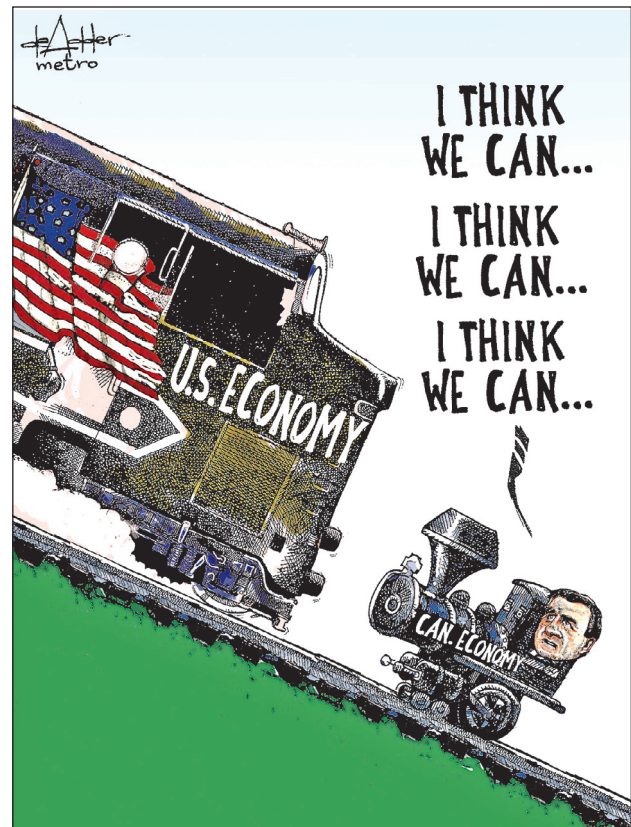
For example, to answer, "What is life?" one philosophical question my professor posed was, "There is a goose in a bottle. How do you get the goose out of the bottle without breaking the bottle or harming the goose?" My classmates and I offered genius answers like, "Does the Hu-

mane Society know about this?" and "Wouldn't it be easier to raise chinchillas?" The correct answer was, "You just do." And again, yes, people get paid for this.

In Recession Philosophy the question would read, "There is a goose in a bottle. How do you serve the goose so that it will feed a family of six with leftovers for lunch?" The answer is, "You just do. Particularly if you've made a large side of rice to go with it."

Here's another profound question, "Why is life painful?" Recession Philosophy tweaks this slightly to, "Why do they keep sending me RRSP statements?" Or, "Why am I paying a fee to lose money?" An answering question might be, "Wouldn't I be better off keeping my savings in a sock under my pillow?" You know philosophy's actually amazing. I feel wiser already.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.



MICHAEL DE ADER

Worth mentioning

Iraqi women still facing daily struggles, study finds

The plight of women in Iraq remains bleak despite a sharp reduction in violence, a study released Saturday found, with a majority of women lacking basic services and security.

"Now that the overall security situation, although still very fragile, begins to stabilize ... countless mothers, wives, widows and daughters of Iraq remain caught in the grip of a silent emergency," aid group Oxfam International said.

The study, released ahead of International Women's Day on March 8, centred on the impact of the years of bloodshed unleashed by the 2003 U.S.-led invasion, finding a third of the women surveyed had lost a family member to violence.

While attacks have dropped off sharply in the past year, tens of thousands of Iraqis have died in the sectarian and insurgent fighting since 2003, and millions more have fled their homes for other parts of Iraq — or abandoned Iraq entirely.

In the Oxfam study, 55 per cent of respondents said they had been displaced from their homes since 2003 due to violence or in search of work.

Fading violence in most parts of Iraq has allowed attention to turn to the dismal state of basic services like electricity, health care and education.

A quarter of women surveyed did not have access to drinking water on a daily basis; almost two-thirds said they had less than six hours of electricity per day.

Three-quarters of widows were not receiving their government pension. Forty per cent of mothers said they were not sending their children to school.

The Iraqi government is struggling to accelerate investment in reconstruction and services, but results are slow to appear. Spending on the social safety net will likely become more difficult if oil prices, which account for more than 95 per cent of government revenues, stay low.

REUTERS



Views

Get involved in the political discussion

UrbanScrawl

Christina Biluk

metronews.ca/urbanscrawl

When we make a decision to buy a house, car or computer — we take the time to do research. We want to make sure we are spending our money wisely, and not getting a lemon.

If we, or someone we know, has been diagnosed with a medical condition, we seek out information through a variety of sources to truly understand the road ahead.

But yet, when it comes to understanding the people, parties and decisions that run our city, province or country — we know very

little.

I have read numerous letters to the editor, blog postings and online comments pleading to know what is really going on behind closed doors, to understand how decisions and policies are being made. These people are asking for our representatives to increase their levels of transparency, making information more readily accessible and understandable.

While I agree that no one is handing us a silver plate with everything we need to know on it, I would challenge within our easily accessible cyber universe, the desired information is out there, it is just matter of listening.

Online tools such as Twitter, Facebook and blogs, have opened up discussions, allowing people

Sustainability forum

• Fusion's sustainability team has gathered reps from each provincial political party to discuss their plans for build-

ing a prosperous Nova Scotia
• Tonight, 7-9 p.m.
• McInnis room, student union building, Dalhousie

to pose questions to others online, as well as easily spread information. Many global leaders are using these tools to communicate with their audiences. Millions of discussions are happening every minute online, its time to start listening in, and joining the conversation.

Uncomfortable online? There are numerous information meetings open to the public each and every week, from town halls to discussions panels, to events organized by passionate groups such as Fusion Halifax.

Regardless of how we do

it, we need to get involved in the decision-making process well before a decision is made.

It's important to let your voice be heard now, not once you are displeased, disappointed or discouraged. We need to make 2009 the year of informed support.

It's time to stop following the pack, and time to make informed decisions, based on information we can gather and share.

Christina Biluk is Director of Engagement for FUSION Halifax. Visit FUSIONHalifax.ca to find out how to get involved in shaping our city; theurbanscrawl@gmail.com.

It's your turn to tell others what you think. Email your thoughts and opinions to: halifaxletters@metronews.ca

Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.

Turning off your computer before you leave work can save electricity

Switch off your computer before you leave work. It will cut its electricity use by about one-quarter, according to Kim McKay and Jenny Bonnin's True Green @ Work: 100 Ways You Can Make the Environment Your Business. Over a year, that's about 700 kilowatt hours — about three week's worth of electricity for the average household. **TORSTAR NEWS SERVICE**

Going Green

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

Brita showing true colours

Just in time for Earth Month Brita is showing its true colours and its support of environmentally sustainable options with the launch of the limited edition Green Pitcher water filtration system. While bottled water may seem like an easy convenience, Brita hopes Canadians will start to make better choices for the environment such as opting for tap water over bottled water. **METRO NEWS SERVICES**

How eco-friendly is your home?

Energy audit can help find leaks and inefficiencies that waste money and energy

EarthTones

Sophia Dore & Andrew Laursen



metronews.ca/earthtones

How green is your home? How much of your household energy budget is escaping through your walls and windows?

If you are like us, you hope your home is green, but you don't really know. One way to find out is by a home energy audit. These audits are about to become a requirement in order to buy/sell a home in Ontario. They are similar to a home inspection,

which is already performed during more house sales but instead of dry rot and termites, the inspector is looking for leaks and inefficiencies.

During a home inspection, the seal on your windows, the effectiveness of your insulation, and the efficiency of your furnace and hot water heater would be assessed. A blower is used to suck air out of the house so it is under negative pressure. Then the amount of suction required to keep

Federal and provincial grants

- For more information about federal and provincial grants and to find a certified home inspector, go to the Natural Resources Canada website (www.nrcan.gc.ca) and look for the ecoEnergy Retrofit program.

the pressure in the house constant can be used to figure out how much air is leaking into your house.

They can even tell you where the air is leaking in.

OK, so you

get your home inspected and some problems are identified. Then what do you do? As luck would have it, the government is willing to shoot some money your way to fix some of these things. Federal grant money is available in order to make your

home more green. In addition to the federal money, provincial money is also available in many provinces, including British Columbia, Manitoba, Ontario, Quebec and Nova Scotia, to upgrade the "green-ness" of your home.

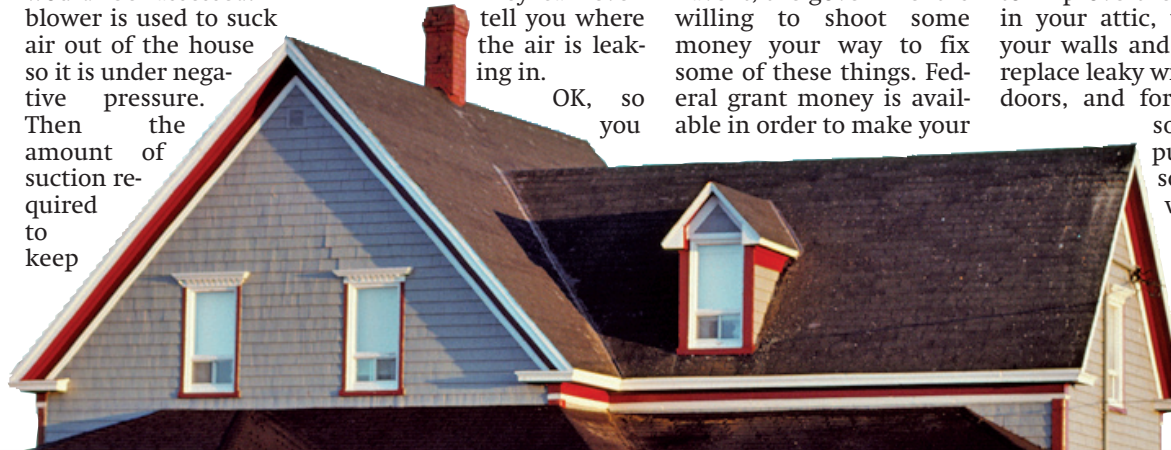
Money is available to get a more efficient furnace, to improve the insulation in your attic, to insulate your walls and basement, replace leaky windows and doors, and for a ground source heat pump and solar hot water system.

So how do we get at this money, you ask? What you

need to do is have a pre-audit done by an auditor certified by Natural Resources Canada. The auditor will give you recommendations for upgrading your home. You then perform the upgrades and have the auditor come back for a post audit. The auditor will then file for whatever grants you may be eligible for on your behalf.

The downside to this is you have to pay the upfront costs for the renovations yourself and then trust the improvements will be enough to qualify you for the grant money. But if your furnace is getting old, or you were planning to do some upgrades anyway, why not get some help footing the bill?

Sophia Dore is an environmental scientist with Conestoga-Rovers & Associates. Andrew Laursen is an assistant professor at Ryerson University; earthtones.metro@gmail.com.



Has the recession curbed emissions?

ECONOMY The financial crisis has slashed industrial output and trade, but it will be months before there is an accurate picture of how much the downturn has curbed greenhouse gas emissions, two scientists said Friday.

Preliminary data shows carbon dioxide levels rose last year to a global average of 384.9 parts per million, an increase of 2.2 ppm over 2007. But since then, the financial crisis has deepened, and analysts have been hoping the long-term growth in emissions will slow or stall now that many big economies are in recession.

REUTERS

Never waste a crisis: Clinton

U.S. Secretary of State Hillary Clinton told an audience on Friday "never waste a good crisis," and highlighted the opportunity of rebuilding economies in a greener, less energy-intensive way.

She also condemned the use of energy as a political lever.

Clinton told young Europeans at the European Parliament that global economic turmoil provided a fresh opening.

"Never waste a good crisis ... Don't waste it when it can have a very positive impact on climate change and energy security," she said.

Europe has already laid out plans to cut carbon



"Never waste a good crisis ... Don't waste it when it can have a very positive impact on climate change and energy security."

Hillary Clinton

dioxide emissions to about one-fifth below 1990 levels in the next decade, while U.S. President Barack Obama has proposed a major shift toward renewable energy and a cap-and-trade system for CO2 emissions.

But with many countries in the grip of a punishing recession, some question whether businesses can muster the hundreds of billions of dollars needed to cut carbon emissions.

Many politicians argue

that the economic crisis, energy security issues and climate change can all be dealt with in a "New Green Deal," replacing high-carbon infrastructure with green alternatives and simultaneously creating millions of jobs.

"There is no doubt in my mind the energy security and climate change crises, which I view as being together, not separate, must be dealt with," Clinton added.

REUTERS

News in brief

BRITAIN A protester opposed to the expansion of London's Heathrow airport threw green custard at British Business Secretary Peter Mandelson Friday as he arrived at a meeting to promote low-carbon industries. TV pictures showed a woman approaching the business secretary and throwing a cup of liquid into his face. The protester, Leila Deen, 29, from environmental group Plane Stupid, said she was protesting about what she called the government's hypocritical policies on climate change.

EMISSIONS The United States must make deeper cuts in greenhouse gas emissions than those proposed by U.S. President Barack Obama if the world is to stand a chance of avoiding devastating climate

change, an EU official said. Jos Delbeke, the European Commission's deputy director-general of the environment, said a goal of bringing U.S. greenhouse gas emissions back to 1990 levels by 2020, set by Obama last month, will likely not be enough.

SCIENCE Certain rocks on the U.S. East and West coasts may one day be coaxed to absorb emissions of the main greenhouse gas carbon dioxide at a rate that could slow climate change, scientists say. "One day this could be an incredibly useful tool to help fight global warming," said Sam Krevor, the lead author of a study by scientists at Columbia University's Earth Institute and the U.S. Geological Survey that maps such rocks in the U.S.

REUTERS

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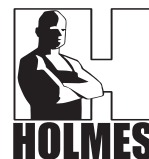
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World oil prices will likely remain steady this year despite being below their "fair" value, Venezuela's finance minister, who is an ex-president of OPEC, said. Ali Rodriguez says his country has budgeted for \$60-a-barrel crude this year. **REUTERS**

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Business in brief

BAILOUT Where did AIG's \$173-billion bailout go? That question may be answered after a partial list of beneficiaries was published. The Wall Street Journal reports Goldman Sachs, Deutsche Bank, Merrill Lynch

and others received funds.

BANKS The U.S. should let some big troubled banks fail rather than prop them up with more federal funds, two Republicans said. Senator John

McCain argued the administration needs to make "the hard decision and that is to let these banks fail." Senator Richard Shelby said the move would send a strong message to the markets. **REUTERS**



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Five-year low for TSX

Toronto's key stock index ended at its lowest closing level in five years Friday, pushed down by fears about the severity of the economic downturn. Weakness in the tech, financial and materials sectors offset positive energy performance to lower the S&P/TSX composite index 37.70 points, or 0.49 per cent, to 7,591.47. **REUTERS**

GM, CAW reach deal

Canadian autoworkers will face a wage freeze through 2012, along with shorter vacations and higher contributions to benefit plans under a tentative deal with General Motors Canada, the Canadian Autoworkers Union said yesterday.

The deal, seen as a pattern for pacts with other automakers, aims to unlock billions of dollars in Canadian government funding for General Motors. Unionized workers will vote on the pact on Tuesday and Wednesday.

"The alternatives are

Terms

- The deal extends an existing contract by one year until September 2012.
- Wages, cost of living adjustments will be frozen.
- Worker co-payments will be boosted on a range of health-care provisions.

much worse," CAW president Ken Lewenza told a news conference announcing the agreement, which was reached after round-the-clock negotiations with the company. "We've done what we can do as a

union ... Now the Canadian government has got to step up to the plate."

The Canadian units of GM and Chrysler are seeking as much as \$10 billion from the Canadian and Ontario governments to help them survive the crisis facing the auto sector. But the payments depend on the companies making savings that will include concessions from their unionized workers.

GM has already proposed a 10 per cent cut in executive salaries, and reduced pay and benefits for salaried employees. **REUTERS**

China Port plummet



Security guards stand near containers at a port in Shanghai yesterday. China's port container volume in February fell 17 per cent from a year ago, the Xinhua news agency reported.

No walk in the park for forestry

INDUSTRY Canada's forestry industry, already weakened by softwood lumber trade disputes with the U.S., has been smacked by a weak lumber market as the U.S. housing market collapsed, paper demand declined and pulp prices dropped.

All that has ravaged the

industry, forcing companies to rely on cash reserves or recapitalize.

Analysts warn the paper sector is trying to weather the recession with newsprint and other products, demand for which is expected to keep falling even when the economy rebounds. **REUTERS**

The DAILY BUSINESS BUZZ

Mayflower sales brisk:

Despite a stagnant economy, cold weather pushed January sales up 13 per cent compared to the same month last year at Sydney's Mayflower Mall. The figures don't include chain stores.

Record year at Logistec:

Logistec Stevedoring Inc. posted its third straight year of record income, with \$13.9 million in net income compared to \$11.0 million last year.

Molson, rink strike deal:

Suds-loving hockey fans will have to drink Molson products at Colchester County's rink after the town's council approved an exclusive beer supplier contract.

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T.O. joins Bills

Controversial wide receiver Terrell Owens agreed to a one-year contract with the Buffalo Bills worth \$6.5 million Saturday, just two days after being released by the Dallas Cowboys. Owens caught 69 passes for 1,052 yards last season. **REUTERS**

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Sports

EDITOR: JOHN.CHICK@METRONEWS.CA

NHL GMs tackle fighting

Colin Campbell figures it's going to be lively. Other than that, the NHL's justice minister isn't making any predictions.

"I have no idea where this is going to go," he said.

Campbell's uncertainty surrounds the discussion on fighting in hockey and the NHL that is expected to take place starting today at the general managers meetings in southwest Florida.

No one is anticipating there will be a vote on whether fighting should be banished from the league. But a variety of incidents, including the tragic death of Whitby Dunlops defenceman Don Sanderson in a December fight, have forced the NHL to at the very least demonstrate a willingness to evaluate the way in which scraps take place.

Commissioner Gary Bettman has called for a debate on the "rules of engagement," essentially eschewing a debate on fighting itself in favour of a more limited discussion over the way in which



Toronto Maple Leaf Ben Ondrus fights with Edmonton Oilers Jason Strudwick Saturday in Toronto. NHL GMs will discuss fighting at meetings beginning today in Florida.

NHLers drop the gloves.

That, however, may prove to be just as thorny. The discussion will be kicked off by a presentation today by NHLPA executives Paul Kelly and

Glenn Healy that will include relaying the views of their constituents on fighting.

Kelly also said players are not against a thorough examination of fighting or

possible new rules.

"For example, they don't object to the notion of a rule that would say you have to keep your helmet on during a fight," said Kelly. **TORSTAR NEWS SERVICE**

Rocky start for Dacey at Brier

MATTHEW WUEST
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CURLING Mayflower skip Mark Dacey has dropped two of his first three games at the Tim Hortons Brier in Calgary.

Dacey, who won the Canadian men's curling championship in 2004, lost 8-4 to Jamie Koe of Northwest/Yukon territories yesterday afternoon to drop to 1-2.

The five-time Nova Scotia champion earned a split on Saturday's opening day at the Saddledome, losing 8-3 to Manitoba's Jeff Stoughton but bouncing back to beat Prince Edward Island's Rod MacDonald 8-5 in the nightcap.

Dacey, whose rink includes vice Bruce Lohnes, second Andrew Gibson and lead Kris Granchelli, is back in action today, facing New Brunswick's Russ Howard at 11:30 a.m. and Northern Ontario's Mike Jakubo at 4 p.m.



Nova Scotia skip Mark Dacey yells instructions to his teammates at the Tim Hortons Brier in Calgary yesterday.

He has targeted seven wins in the 11-game round robin.

Entering the late draw, defending national and world champion Kevin Martin of Alberta was off to a 2-0 start, tied with

2007 national and world champion Glen Howard of Ontario.

Martin was playing Saskatchewan's Joel Jordison, while Howard was up against British Columbia's Sean Geall.

Crosby sinks Capitals in shootout

NHL

Penguins 4, Capitals 3 (so)

NHL Sidney Crosby scored the lone goal of the shootout and added a goal and an assist in regulation as the Pittsburgh Penguins edged the Washington Capitals, 4-3, at Verizon Center.

After a scoreless, but spirited overtime, Crosby beat Jose Theodore with a wrist shot high to the glove side in the second round to give the Penguins the advantage.

Alex Ovechkin then needed to score to keep the game alive for the Capitals, but the Russian star was stopped on a pad save by Marc-Andre Fleury and Pittsburgh prevailed.

Bill Guerin added a goal and two helpers, while Sergei Gonchar lit the lamp for Pittsburgh.

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Dal wipes out 13 years of misery

MATTHEW WUEST
matthew.wuest@metronews.ca

As impossible as it seemed for 13 years, an era of misery has finally ended for the Dalhousie Tigers.

The Tigers captured their first Atlantic University Sport men's basketball championship since 1996 on Saturday night, entering the Final 6 as the third seed and upsetting the nationally fifth-ranked and No. 1-seeded St. Francis Xavier X-Men 72-60 before a raucous crowd of 5,587 at the Metro Centre.

Built on seven years of hard work and patience from head coach John Campbell, powered by an MVP performance from guard Simon Farine, and sealed by the red-hot shooting of Bedford sophomore Josh Beattie, the Tigers made 120 losses in 160 games from 1999 to 2007 a distant memory.

"This is incredible for Dalhousie basketball," said Beattie, who went on a third-quarter rampage in the final, nailing five straight three-pointers and scoring 17 points in a 3:20 span. "We are so pleased to be a part of this new era."

Campbell's arrival in 2002 marked the start of the new era, but results weren't visible until much later. When Campbell recruited Toronto's Farine as a transfer from NCAA Division 1 Wisconsin-Green Bay in 2006, the Tigers hadn't won more than five times in a 20-game campaign in seven seasons.

It was hardly a time of optimism at Dal.

"When I first got here, so many frustrations," said



Dalhousie Tigers guard Simon Farine, right, tries to drive around Will Silver from St. F.X. during Saturday night's AUS Men's Basketball Championship final at the Metro Centre. The Tigers won 72-60.

Dal's longest-serving player, fifth-year forward Germaine Bendegue. "I really didn't know if we could

turn it around."

Even Campbell wondered: "There have been a lot of moments over the

last seven years where I've had self-doubt."

But once Campbell secured a commitment from

Dal third, X eighth

- The Dalhousie Tigers will face the British Columbia Thunderbirds in the quarter-finals at the Canadian Interuniversity Sport Final 8 men's basketball championship on Friday.
- Dal earned the sixth seed at the Final 8, which is being held at Scotiabank Place in Ottawa. The Thunderbirds grabbed the third seed after going 21-2 in the regular season and losing in the Canada West final to the Calgary Dinos.
- The host Carleton Ravens are No. 1.
- The St. Francis Xavier X-Men, who lost to the Tigers in the AUS final, also earned a trip to nationals and are seeded eighth. They open the Final 8 against Carleton.

Farine, a six-foot-two guard, he found recruiting easier, and assembled a hard-working supporting cast that can defend and score.

The Tigers went 8-12 in Farine's red-shirt campaign. Last season, Farine's first on the court, they cracked .500 and made the semifinals. This season, the Tigers went 13-7, got hot down the stretch, and put it all together in the end. Farine did it all at the Final 6, averaging 29.6 points, 7.6 rebounds and 6.0 assists, and he dished to his supporting cast — as Beattie will attest — when opponents locked him down.

"As a team, we believed in each other," Farine said. "We believed we could win and we believed we could win big games. We played hard and it worked out in the end."

Vermont moving closer to wildcard

HOOPS The Vermont Frost Heaves moved further ahead of the idle Halifax Rainmen on the weekend in the race for a Premier Basketball League wildcard spot.

The Frost Heaves earned a huge 106-99 victory over the Manchester Millrats on Friday to improve to 10-6, a game ahead of the Rainmen, who are 9-7.

The Millrats, 14-4, clinched a playoff spot and the Atlantic Conference title with a win on Saturday over the Quebec Kebs.

Halifax trails Vermont and the Wilmington Sea Dawgs (11-4) for a spot in the play-in game for a wildcard spot. There are just four games remaining on Halifax's schedule.

METRO HALIFAX

Sports in brief

AUS HOCKEY The schedule is set for the Atlantic University Sport best-of-three men's hockey final between the Saint Mary's Huskies and New Brunswick Varsity Reds. The Huskies visit the V-Reds on Friday and play Game 2 in Halifax on Sunday at 7 p.m. Game 3, if necessary, will be held Wednesday, March 18. Both teams have clinched berths at nationals.

CIS BASKETBALL The Cape Breton Capers finished in fifth place at the Canadian Interuniversity Sport women's basketball championship in Regina yesterday, beating the Laval Rouge et Or 67-56 in the consolation final.

CIS BASKETBALL The St. Francis Xavier X-Women lost 4-2 to the Moncton Aigles Bleues in the Atlantic University Sport hockey final yesterday in Charlottetown. The X-Women will still host nationals in two weeks in Antigonish. **METRO HALIFAX**

SCOREBOARD

NHL

YESTERDAY'S RESULTS

Atlanta 5 Calgary 2
Colorado 5 Chicago 1
N.Y. Islanders 3 Phoenix 2
N.Y. Rangers 4 Boston 3
Pittsburgh 4 Washington 3 (SO)
Montreal at Dallas N
Minnesota at Anaheim N

SATURDAY RESULTS

Edmonton 4 Toronto 1
Ottawa 6 Buffalo 3
Vancouver 3 San Jose 1
Boston 5 Chicago 3
Carolina 9 Tampa Bay 3
Columbus 8 Detroit 2
Florida 5 St. Louis 3
Los Angeles 4 Minnesota 3
N.Y. Islanders 7 New Jersey 3
Philadelphia 4 Nashville 1

Playoff hopes grow slimmer as Mooseheads lose

MATTHEW WUEST
matthew.wuest@metronews.ca

HOCKEY The Halifax Mooseheads missed a chance to make up ground in their bid to make the QMJHL playoffs.

The Mooseheads lost 4-1 on the road to the Saint John Sea Dogs to stay three points out of a QMJHL playoff spot, trailing the Lewiston Maineiacs and Val-d'Or Foreurs.

Lewiston and Val-d'Or both lost yesterday and are tied with 46 points, each with two games remaining. The last-place Mooseheads, who managed a 3-2 road win over the Bathurst Titan on Saturday night,

needed to move past Lewiston and Val-d'Or and have 43 points with four games to go.

In a nutshell, the Mooseheads are guaranteed to make the playoffs if they win their final four games of the year. They haven't won more than two straight games all season.

The Mooseheads were tied 1-1 with the Sea Dogs as the mid-point of the third period approached, but a puck deflected off Mooseheads blue-liner Pascal Amyot and stood as the winner, credited to Shea Kewin at 9:32.

"It was a lucky goal ... One of their guys threw it in front from the corner and was deflected and we

Playoff race

• Here's a look at the QMJHL playoff race following yesterday's games. The bottom two teams don't qualify.

	Pts	Game left
Val-d'Or	46	2
Lewiston	46	2
Halifax	43	4

didn't recover," said Mooseheads head coach Cam Russell. "We played really hard considering it was our second game in two nights."

Russell said turnovers were costly for his club.

Olivier Ouellet netted an insurance marker with

3:25 to go and Kewin added an empty-netter at 18:56.

Halifax out-shot Saint John 32-23 but Sea Dogs goaltender Robert Mayer was named the game's first star.

Jessyko Bernard scored Halifax's only goal, while Mooseheads netminder Mark Yetman followed up Saturday's 44-save, first-star performance with a 20-save outing.

Jan Stransky, Yuri Cheremetiev and Gerrad Grant scored on Saturday. Grant won it with 4:04 left.

The Mooseheads visit the P.E.I. Rocket on Wednesday and then finish the season with three games in three days at home on the weekend, with the Sea Dogs vis-



Mooseheads netminder Mark Yetman made 44 saves on Saturday and 20 yesterday.

iting Friday and Saturday and the finale on Sunday against Bathurst.

Metro Workology exclusive: Matters of the Heart

Don't miss Matters of the Heart, Metro's exclusive feature series in the Workology section. There are jobs to be had that focus on falling in love, falling out of love and everything in between; we will be digging up the stories for you, so check Metronews.ca/work for the full series.

11

Workology

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Get your copyright

Copyrightcreators.com will launch an online copyright registration service for artists by offering every new member two free registrations starting March 11. The launch of this secure and affordable copyright registry will encourage artists to continue producing their work without fear that it will be copied or used without permission. METRO NEWS SERVICES

Survivor's syndrome hits employees hard

VANESSA GRECO
for Metro Canada

Pink slips don't scare Greg Skura anymore. After decades of odd jobs and hard work, he's become well acquainted with the employer's chopping block.

"When I was younger, I'd take layoffs to heart," said the 47-year-old from Pickering, Ont. "But now, I don't take them personally. Often it's because of the economy."

When facing job loss, Skura — who has printed newspapers, driven trucks, installed doors, and sorted eggs — isn't worried about the uncertain path ahead.

Instead, he turns his attention to those left behind.

"It's my co-workers I feel sorry for," said Skura, currently employed as an Internet technician. "They're the ones picking up the slack, doing double the work and wondering whether they're next to go."

As the global financial crisis continues, workers watch as companies are downsized and colleagues are dismissed. When an employee survives a round of layoffs, their relief can be followed by guilt or anxiety.



As the global financial crisis continues, workers left behind can also be affected negatively as their colleagues are dismissed.

Career coaches and management experts have dubbed this "survivor's syndrome."

"Layoff survivors can experience grief for many reasons," said Aaron Schat, assistant professor of organizational behaviour at McMaster University. "They've kept their employment but might feel it was at a colleague's expense."

As well, remaining employees might fear that there are more layoffs to come. This can be a stressful distraction for workers, who'll start to feel unmotivated, expendable or wary of their bosses.

Schat added that managers should demonstrate

warmth and compassion when conducting layoffs to prevent a morale drop amongst remaining employees.

Three weeks ago, Therese Arsenault would have appreciated that compassion as a company she'd served for 13 years dismissed her and nine others.

"The whole process was cold," said the former telecommunications trainer from Montreal. "We were called to a conference room and the people conducting the meeting were half-an-hour late."

Since the layoff, surviving colleagues have approached Arsenault and expressed both shock and

Riding the Recession

sympathy. She believes her former co-workers don't need to apologize.

"In a big company, decisions like this are not made at the employee level," she said. "The individuals you worked with might feel sorry for you, but they have no business feeling guilty."

Although surviving employees might not be at fault, Marjorie Armstrong-Stassen has seen post-layoff stress in the workplace firsthand.

"People in downsizing companies have told me they think the ones who've lost their jobs are the lucky ones," said the management professor at the University of Windsor.

Often, when companies lay off over 20 per cent of their workforce, dismissed employees will receive large severance and early retirement packages. Surviving employees left with twice the work can experience feelings of jealousy.

Gamer's job bridges pastime with career

OddJobs

Diane Peters



The Lowdown

Job title: Video game tester

Salary: \$26,000

Education/training:

Experience with games, some technical background and a great personality

Best Part of the Job: "I love the atmosphere. If you're working with games, you're usually a fun person."

Worst Part of the Job: "I can't really think of anything."

s your teen spending March break hunched over a video game console? You're probably not thrilled. What if all this gaming turns him into a slacker for life?

Take heart: Hardcore gamers can sometimes turn their passion into a career. That's what Ryan Hale, 23, has done.

He's a lead tester for Charlottetown company Sculpin QA. It tests games for its sister company, Other Ocean Interactive and other game makers, which design the products.

"We play games at various levels and critique them," explains Hale. He sometimes plays a game that's ready for market to make sure it has no bugs. Other times, he moves through a game that's in the beta testing phase and hardly has any graphics. Sometimes he just runs through a program to make sure the menus are working.

As well, he checks games

to ensure they pass certification requirements of various video game systems.

After he plays, he uploads his comments on an interactive web page. He sometimes plays a game for just a few days. He's been testing one for Wii created by Other Ocean for a year, and he's still testing it now for a future European release.

Unlike what many people think, he neither gets sick of playing games all day, nor does he sit on his butt and do nothing. But he and his co-workers — 12 testers in total — often run tournaments on their lunch hour and after work, they love gaming so much. "It's a lot of work, we work hard. But it's really fun."

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.



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ATTEND TO WIN A NINTENDO Wii

Hosted by:



On Site:



Singer Melanie Brown is auctioning off memorabilia from her Spice Girls days to raise money for charity. The star has amassed a vast collection of stage costumes from the group and she's putting them all up for sale together with personal items. FEMALEFIRST.CO.UK

Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

Pop fashion

Madonna has set her sights on conquering the fashion world for a second time — the pop superstar is set to launch a new line with designer Christian Audigier. FEMALEFIRST.CO.UK



Weekend box office



Estimated ticket sales for Friday through Sunday at U.S. and Canadian theatres:

- 1 Watchmen:** \$55.7 million US
- 2 Madea Goes to Jail:** \$8.8 million
- 3 Taken:** \$7.5 million
- 4 Slumdog Millionaire:** \$6.9 million
- 5 Paul Blart: Mall Cop:** \$4.2 million
- 6 He's Just Not That Into You:** \$4.2 million
- 7 Coraline:** \$3.3 million
- 8 Confessions of a Shopaholic:** \$3.1 million
- 9 Jonas Brothers:** \$2.8 million
- 10 Fired Up:** \$2.6 million **REUTERS**

U2 begin world tour in Barcelona

MUSIC U2 will kick off its world tour in Barcelona on June 30, and will begin the North American leg in Chicago on Sept. 12, sources told Billboard.

The official announcement of the U2360 stadium trek in support of the Irish rockers' new album No Line on the Horizon will be made today. The shows will boast 360-degree audience configuration, ambitious staging and a cylindrical video screen.

"We're very excited about the idea to go on the road with this album," guitarist the Edge said. **REUTERS**

Theory behind Watchmen

Graphic novel and movie a treasure trove for philosophers

Superheroes don't just make fun characters for comic books and movies.

Their powers, and how they choose to use them, are philosophical treasure troves, and few are as rich and complicated as the protagonists in Watchmen, which opened in movie theatres around the world over the weekend.

"Watchmen is an embarrassment of riches to the comics-obsessed philosopher," said Mark D. White, editor of the book Watchmen and Philosophy: A Rorschach Test.

The book is one of a series that uses pop culture as an entry point to the sometimes abstract subject of philosophy.

Years in the making, Watchmen is the big-screen adaptation of the acclaimed 12-issue comic book series by Britons Alan Moore and Dave Gibbons published between 1986 and 1987.

Like the books, the movie is set in an alternative 1985 when the United States and the Soviet Union are on the brink of nuclear war. It features costumed vigilantes who have become so unpopular they are now outlawed.

But Watchmen is far from just popcorn entertainment. Its twisted superhero archetypes, like the tortured do-gooder



The essays by academics in the book Watchmen and Philosophy look at how the character Rorschach justifies his often brutal actions, and tackles subjects like the legitimacy of authority.

Rorschach and brainy businessman Ozymandias, take time out from performing death-defying acts to muse on subjects like free will, saviour figures and the politics of fear.

"In Watchmen, the philosophy is so explicit that you don't have to dig very hard to find it," said White, an associate professor in the department of political

science, economics and philosophy at the College of Staten Island.

The original series took the name from the phrase "Who watches the Watchmen?" which dates back to the 1st century Roman poet Juvenal and has been the subject of philosophical debate for centuries.

The essays by academics in Watchmen and Philoso-

phy look at how Rorschach justifies his often brutal actions, and tackles subjects like the legitimacy of authority.

The mother and daughter Silk Spectres provide a window into the feminist thinking of French author Simone de Beauvoir. Another chapter is devoted to German philosopher Friedrich Nietzsche's

thoughts on the Übermensch (superman).

Although Watchmen raises more philosophical questions than most, hit TV shows like medical drama House and animated series The Simpsons also contain thought-provoking material for those who believe the unexamined life is not worth living.

"Philosophy has had a public relations problem for a couple of centuries. People mistakenly think that philosophy is some dusty academic subject that is irrelevant," said William Irwin, editor of the Blackwell Philosophy and Pop Culture series.

"The mission is to see what the general public like in pop culture and use it as jumping off point for philosophical discussion," said Irwin, professor of philosophy at Kings College, Pennsylvania.

More than one million books have been published in the Philosophy and Pop Culture series.

White, who has also written on Batman, says superheroes are fascinating territory for moral philosophers like him.

"They have taken on this extraordinary responsibility, but given that you want to save the world, what should you do first? Catch crooks or cure hunger?" White said. **REUTERS**

Michael Jackson comeback raises new questions

Is it a comeback or a swan-song? Will he sing or lip-synch? Has he still got the moves?

Michael Jackson's brief appearance on Thursday at London's O2 Arena, where he plans a series of 10 concerts starting on July 8, raised more questions than it provided answers.



The 50-year-old did at least show up, looking more robust than in recent photographs.

But his announcement was confused, and left reporters and hundreds of screaming supporters wondering whether his first series of gigs in 12 years would actually be his last. "These will be my final

shows ... performances in London," Jackson said. "When I say this is it, I mean this is it. I'll be performing the songs my fans want to hear. This is it, this is really it, this is the final curtain call."

Randy Phillips, president of AEG Live which signed Jackson for the concerts, had few concrete answers.

He did not rule out more concerts in London and elsewhere in the future.

"None of us are sure," he told Reuters. "I didn't want to get so far ahead of what he wanted to do."

"We're holding dates," he added, referring to London's O2 arena. "We don't know how big the demand will be." **REUTERS**



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Celebrities drop out

Dance show looks for replacements

Dancing with the Stars producers scrambled on Friday to find two swift replacements for tonight's season premiere after singer Jewel and celebrity journalist Nancy O'Dell dropped out with injuries.

The hit ABC show said it would not reveal the replacements until the eighth season kicks off tonight.

But celebrity news sites said former Playboy model Holly Madison was expected to be one of them.

Madison, 30, was Playboy founder Hugh Hefner's "number one girlfriend" and starred in the U.S. TV reality show The Girls Next Door before ending her relationship with Hefner last year.

"She's wanted to do it for so long," Madison's friend Bridget Marquardt told the Fox News Strategy Room discussion show.

"It just never worked with her schedule and Hef was always like 'I don't want you to do that,' and now it's her time, so I'm really happy for her," Mar-



Dancing with the Stars hopes to find alternates for Jewel, left, and Nancy O'Dell before the ABC show's season premiere tonight.



quardt said.

ABC said that Jewel, a Grammy-winning singer, had to leave the show after suffering a fractured tibia in each leg.

O'Dell, a journalist from the celebrity news show Access Hollywood, was sidelined with a torn meniscus in her knee. Both contestants suffered the injuries in practice.

There was no news Friday on who might replace O'Dell.

Former Playboy models have appeared on Dancing with the Stars in the past.

Last season's champion, model and host Brooke Burke, once stripped down for Playboy as did former contestant Kim Kardashian and 1980s pop singer Belinda Carlisle, 50, who is one of the stars in the upcoming season.

Dancing with the Stars, based on the British program Strictly Come Dancing, is one of the most-watched shows on U.S. television after American Idol. It drew about 19 million viewers per episode last season.

REUTERS

In the shadow of an older sibling

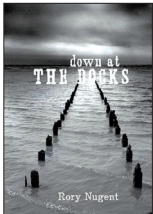


The Local News

Author: Miriam Gershow

Publisher: Spiegel & Grau

Price: \$27.95 (Hardcover)

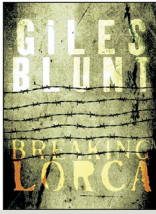


Down at the Docks

Author: Rory Nugent

Publisher: Random House

Price: \$27.95 (Hardcover)



Breaking Lorca

Author: Giles Blunt

Publisher: Random House

Price: \$29.95 (Hardcover)

Siblings Lydia and Danny Pasternak are on opposite ends of the adolescent spectrum. Lydia is the brains and Danny's the brawn, which places Ly-

dia in her brother's shadow and attracts the disdain of his popular friends. When Danny disappears, it's Lydia who takes the spotlight as a media darling expected to sing her brother's praises. However, the exposure, along with the hints that arise to explain Danny's disappearance, affect Lydia's life in a way she couldn't have imagined, changing her course as she learns to cope with loss.

Rory Nugent turns the Moby Dick-famed town of New Bedford, Mass., on its head with Down at the Docks, a realist take on an oft-idealized city.

From observations on crime and the drug trade to interventions by government and modernization, Nugent clashes the classic to portray the town he called home for 17 years. Through colourful characters like lesbian bar owner Charlene and Mako, the son of a fisherman who follows in his father's footsteps, Nugent reinvents New Bedford for a new generation.

Windsor, Ont., novelist Giles Blunt tells an exceedingly relevant tale of torture in Breaking Lorca, set against the backdrop of the 1980s Salvadorian civil war. Victor Peña cheats death when his army captain uncle liberates him from a court martial. In order to survive, intellectual Victor is placed in a torture unit where he must aid in obtaining information from detainees. That's where he encounters Lorca, a girl being maltreated for her presumed guerilla sympathies. Victor's unable to save Lorca from abuse without compromising himself, but when he escapes El Salvador, he sets out to find the girl in an attempt to atone for his actions. BRIAN COULTON/ FOR METRO CANADA

Winehouse accused of assault

CHARGES British singer Amy Winehouse has been charged with assault following an incident at a ball in London's Berkeley Square last year, her spokesman said in a statement Friday. "Amy voluntarily attended a police station in London yesterday morning," read the statement. "She was questioned by appointment in relation to an accusation made after the Berkeley Ball last year." REUTERS

In brief

BAND American new wave band Devo will perform their debut 1978 album Are We Not Men? in full for the first time at a concert in London on Friday, their publicist said on May.

REUTERS

GlobalStyle



Kenya Hunt

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For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00		
3/9/09	31	31	31	ABC	News (N)	ABC Wid News	Inside Edition	Chronicle	Dancing With the Stars			Castle		
	7	7	7	ASN	The Road to Avonlea		Instant Star	TMZ (N)	Dancing With the Stars			Castle		
	11	11	11	CBC	Coronation St.	Jeopardy! (N)	Little Mosque	Sophie (N)	Comedy Fest	Comedy Fest.	CBC News: The National	The Hour		
	2	2	2	CBC-F	Terre humaine	Pyramide (SC)	Virginie (SC)	Les Parent	L'Auberge du chien noir (SC)	Les Boys (SC)	Tout sur moi	Le Téléjournal		
	32	32	32	CBS	News (N)	Evening News	The Insider (N)	Entertainment	Big Bang Th	How I Met	Two/Half Men	Engagement		
	69	69	69	CFTM	TVA 18 heures	Le Cercle (SC)	Les Gags (SC)	Star Académie:	Annie et ses hommes (SC)	Dr. House (SC)		TVA 22 heures		
	6	6	6	CHIF	Entertainment	ET Canada	Heroes (HDTV) (N)	House (HDTV PA) (N)	24 (HDTV PA) (N)			News (N)		
	9	9	9	CJCH	etalk	Hollywood	CSI: Miami (HDTV) (N)	Big Bang Th	Gary Unmarr	Two/Half Men	Corner Gas (N)	News (N)		
	10	10	10	ELTV	EastLink Mag.	Fishing	Harv's Sportsland (Live)	Incl. Revolution	Harv's Sportsland		EastLink Television			
	36	36	36	FOX	Deal-No Deal	The Simpsons	Two/Half Men	Two/Half Men	House (HDTV PA) (N)		24 (HDTV PA) (N)		Fox First	
primetime	12	12	12	NBC	News (N)	NBC News	Hollywood	Extra (N)	Chuck (HDTV) (N)	Heroes (HDTV) (N)		Medium		
	29	29	29	NW	World News	Business	CBC News	Newman	The Hour	CBC News: The National		Meltdown		
	4	4	4	PBS-B	NewsHour With Jim Lehrer		Greater Boston	PBS Previews	Craft in America "Memory"			Viewer Favorites		
	35	35	35	PBS-D	NewsHour With Jim Lehrer		Business Rpt.	Worldfocus	Dr. Wayne Dyer: The Power of Intention					
	68	68	68	TQS	(6:30) Le Retour (SC)		Beauté	C't'une joke	CSI: NY (SC)		Flash Point		110 pour cent	
	23	96	96	BNN	Business News	Headline	Market Call	Berman's Call	Money Talks	Business News	Squeeze Play		Market Call	
	18	18	18	CNN	Situation Room-Wolf Blitzler		Lou Dobbs Tonight		Campbell Brown: No Bias		Larry King Live		Cooper 360	
	54	54	54	GOLF	Golf Central	Top 10	Learning	Lessons	The Golf Fix	Haney Project	Haney Project	Haney Project	Lessons	
	52	52	52	RSE	Sportsnet Con.	Sportsnet Con.	Overtime	NHL Hockey	Toronto Maple Leafs at Ottawa Senators. (HDTV) (Live)				Baseball	
	55	55	55	SCOR	Hockey Talk	Game On	RaceNight		(10:15) WWE Monday Night Raw					
news	45	45	45	SPD	Unique Whips		Pimp My Ride	Pass Time	This Week in NASCAR (N)			SuperCars	SuperCars	Auctions
	53	53	53	TSN	Off the Record	SportsCentre	That's Hockey!	Interruption	Curling Tim Hortons Brier -- Draw 8. (HDTV) (Live)					
	43	43	43	FAM	Zoe's 101	Life Derek	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	
	44	44	44	TOON	Ben 10: Alien	Johnny Test	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	Punch	Robot Chicken	
	26	26	26	TREE	Wonder Pets	Big & Small	Backyardigans	Nght Grdn	Max & Ruby	Franklin	Little Bear	Bucket-Dinos	Comfy Couch	
	27	27	27	YTV	Drake & Josh	iCarly	Adrenaline Proj	Prank Patrol	Malcolm-Mid.	Futurama	League-Evil	Zixx Level	Falcon Beach	
	16	16	16	A&E	Cold Case Files (HDTV)		CSI: Miami "Rampage"		Intervention "Charles"		Intervention "Cristy"		Paranormal	
	70	70	70	APTN	News		Notre People		Terres arct.	Pachamama	Grizzly ★★ (2000, Aventures)	Daniel Clark.		
	50	50	50	BET	106 & Park: BET's Top 10 Live				Two Can Play That Game ★ (2001, Romance-Comedy)				Harlem Heights	
	37	37	37	BRVO	Street Legal		Grey Horse Rider		Dancers' Story Ballet			Bowfire		
family	25	25	25	CMT	Dedicated		CMT's Top 20 Tearjerkers		Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	
	49	49	49	COM	Laughs	Comedy Now	Laughs	Just for Laughs		Corner Gas	The Simpsons	South Park	Carlos Mencia	
	153	153	153	COURT	W-FIVE		World's Wildest	Police Videos	Cops Uncut	Dumb Criminal	Legal Briefs		Police Videos	
	38	38	38	DISC	Canada's Worst Handyman		Daily Planet (N)		MythBusters		Dirty Jobs "Bio-Diesel-Man"		Guinea Pig	
	34	48	48	HGTV	Holmes on Homes		House Hunters	Property Virgin	For Rent	Income Prop.	Property Virgin	House Hunters	Ambrose Price	
	46	46	46	HIST	Battlefield Mysteries		NCIS "UnSEALed"		Battle 360 "Call to Duty"		Battlefield Mysteries		NCIS	
	17	17	17	MM	Video on Trial	Video on Trial	Meet Barkers	Meet Barkers	disBand	Technical Diff.	MuchTopTens		MuchNews	
	19	19	19	MMM	MusicProfile	mmmtp10.com		Revival	Listed		Don't Forget the Lyrics!		Don't Forget	
	201	201	201	M1	(6:30) Dead Silence		Stargate Atlantis		Sanctuary "Edward"			U.S. of Tara	Secret Diary	Separation
	48	23	23	OLN	American Gladiators		Dog the Bounty Hunter		Survivorman		Mantracker		Bounty Hunter	
cable variety	51	51	51	PEACH	Seinfeld	Friends	House-Payne		Blade: Trinity ★★ (2004, Horror) Wesley Snipes.				Brother	
	206	206	206	PIX	(6:40) Owning Mahowny (2003, Drama)			Everybody's Doing It (2002)		Brazil ★★★ (1985, Fantasy)				
	67	67	67	RDI	RDI en direct	RDI en direct	24 Heures en 60 minutes		Grands reportages (SC)			Le Téléjournal (SC)	RDI en direct	
	39	39	39	SHOW	Wife Swap		The Outer Limits		Cashing In	Kink in Hair	Kenny-Spenny	Rent-A-Goalie	Name Is Earl	
	40	40	40	SLICE	The Mom Show		Skin Deep	Til Debt-Part	Wedding SOS	Wedding SOS	Wedding SOS	Wedding SOS	Runway	
	47	47	47	SPACE	Stargate SG-1 "Tangent"		Stargate Atlantis (DVS)		Star Trek: Voyager		Lost "Exodus"		Sarah Connor	
	14	14	14	SPIKE	CSI: NY (HDTV)		CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.		Stripes ★★ (1981, Comedy)	Bill Murray.		
	57	98	98	STAR	etalk	Hollywood	The Ellen DeGeneres Show (N)	TMZ (N)	etalk		Paris Hilton's British Friend		Tonight Show	
	21	21	21	TLC	What Not to Wear		Little People	Little People	Little People	Little People	Jon & Kate	Jon & Kate	Little-Married	
	56	34	34	TROP	What Happen?	What Happen?	TV Made, Do It	News Show	Tube Tales	E News	Make or Break	TV Made, Do It	Planet Soap	
cable variety	20	20	20	TV5	Que.-champion	Journal de Fr2	L'Objet du scandale		Un oeil sur la planète "Australie: le pays de la chance?"				Club social	
	28	28	28	V	Nothing Too Good		Murder, She Wrote		Eyes Down	May-December	McLeod's Daughters (N)		Twist of Faith	
	60	97	97	VIVA	Mysterious Ways		Judging Amy		Commander In Chief		Commander In Chief		Dollars	
	22	22	22	W	Style by Jury	Style by Jury	Will & Grace	Friends	How Clean	Kim	Love It or List It		Dollars	
	251	251	251	WGN	Be-Millionaire	Evening News	Two/Half Men	NBA Basketball	Chicago Bulls at Miami Heat. (HDTV) (Live)				Bob & Tom	

critics'corner

Little Mosque on the Prairie
We've all been there, haven't we? What looks like an effective new way to do things turns out to be not such a great idea after all. But going back to the way things were is often easier said than done. In this new episode, Baber (Manoj Sood) sets up a separate women's entrance to the mosque. After he changes his mind, however, he finds he can't undo what he's done. 8 PM on CBC



The Dancers' Story: The National Ballet at 50
Gotta dance! This is everything you'd expect from an anniversary documentary about a great ballet company: archival footage of its great moments, reminiscences by and about its past superstars, and a look at its present and future. The company's current stars perform excerpts from an important ballet from each decade of its life. 9 PM on BRAVO

Inside the Meltdown
What happened to the U.S. economy? It's complicated, but this new documentary attempts to break it down. It starts with the bursting of the housing bubble in 2007, which resulted in trillions of dollars worth of mortgages going bad, and examines the responses of the Treasury Department, the Federal Reserve and Congress. 11 PM on NW



Some folks like to make an entrance, and Jamie Foxx is one of them. The Oscar winner supposedly has his people call ahead whenever he's set to go out to a bar or restaurant because he wants to make sure he's noticed, Hollywood insiders tell Metro. **METRO NEWS SERVICES**

Foxx likes to make an entrance

Celebrity Buzz

Least restrictive order for Brown

COURTS Although the court slapped Chris Brown with among the least restrictive of protective orders, Rihanna does have the means to gather evidence against him if he causes trouble, people.com reports. She may tape record conversations with the R&B singer.

Brown, 19, who was charged Thursday with two felonies in the alleged beating of girlfriend Rihanna, 21, is barred from exhibiting a host of bad behaviours toward Rihanna, with whom he has reconciled.

According to the protective order, signed by the Superior Court commissioner on Thursday and served on Brown in court, he may not "harass, strike, threaten, assault (sexually or otherwise), follow, stalk, molest, destroy or damage personal or real property"

of Rihanna's.

He also may not "disturb the peace, keep under surveillance or block movements" of her, and must get rid of any guns he may have by surrendering them to police or selling them to a licensed dealer within 24 hours. And he cannot "dissuade or prevent" anybody from attending a hearing or making a report to police.

Under the order, however, he is allowed to contact Rihanna in person or by telephone, and there are no limitations to how physically close he may be to her.

The only restriction checked on the form is the box reading: "The protected per-

sons may record any prohibited communications made by the restrained person."

The order expires in March 2012, people.com adds.

METRO NEWS SERVICES



M.I.A. maintains privacy

BABY NAME To those Internet reports claiming M.I.A. named her three-week-old boy Ickitt, the rapper responds: Ick!

In a humorous message on her MySpace Celebrity Blog, the Paper Planes songstress shot down the rumours while poking fun at a few of the more unique names bestowed upon certain celebrity kids, people.com reports.

"My baby is not called Ickitt, Pickit or Lickit thank you very much," she writes. "He's a baby, he don't need press!"

Explaining that she doesn't consider her son's name to be newsworthy information, M.I.A., 31, says she'll be back with something for her fans soon.

"Til then go pick on Apple, Satchel and Moon Unit," she suggests.

Her son, born Feb. 11, is the first child for M.I.A., whose given name is Mathangi Arulpragasam, and her musician fiancé, Benjamin Bronfman.

Memorably performing while pregnant at the Grammys last month, M.I.A. was also nominated for an Oscar for her song O Saya, from best picture Slumdog Millionaire.



METRO NEWS SERVICES

GETTY IMAGES PHOTOS

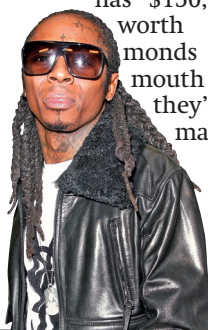
Lil Wayne brushes often

IMAGE Rap star Lil Wayne's diamond teeth have turned the hitmaker into an obsessive compulsive — he brushes them morning, noon and night, femalefirst.co.uk reports.

The flamboyant star has gems fixed to his teeth and cannot remove them, so he's careful what he eats and always takes care to brush them after every meal.

Lil Wayne estimates he has \$150,000 US worth of diamonds in his mouth — and they're permanent.

METRO NEWS SERVICES



Efron's mom frets over 'sexual' photos

RELATIONSHIP After photos surfaced of Zac Efron and Vanessa Hudgens in the adult section of a costume shop, Efron's mom apparently isn't taking any chances.

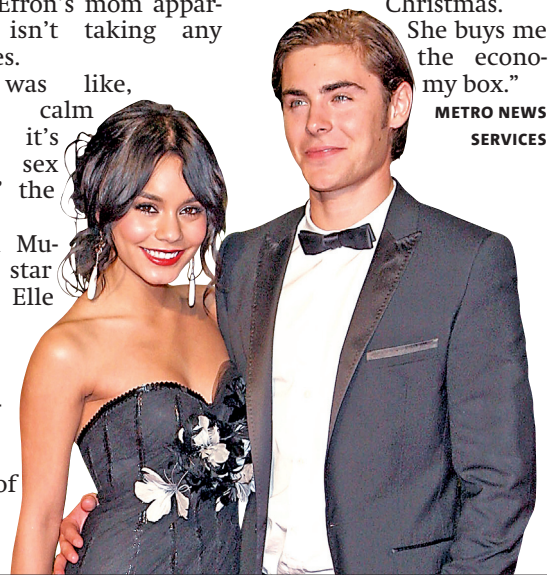
"I was like, 'Mom, calm down, it's not a sex shop,'" the High School Musical star tells Elle magazine.

"She wouldn't have any of

it. She's like, 'I knew you were being sexual!' But she understood. My stocking was full of condoms this Christmas.

She buys me the economy box."

METRO NEWS SERVICES



Gyllenhaal's new buff physique

NEW ROLE Jake Gyllenhaal wanted to be ready for anything in his next film Prince of Persia: Sands of Time, out next year. "I over-prepared myself because I never knew how much they were going to ask me to do, so I just made sure I'd be hopefully able to do anything," Jake said of his new physique. "I guess I've gotten buff."

METRO NEWS SERVICES



Paris doesn't like diets

HEALTH Paris Hilton "doesn't like" diets, femalefirst.co.uk reports.

The slender socialite isn't giving anything up for Lent — the Christian fasting period before Easter — because she hates being deprived of her favourite junk foods.

"I just don't think I could go for 40 days without something. If I did, I'd probably just give up chocolate and McDonald's. I've never tried to

give up anything before. I don't like diets. My weaknesses are cotton candy and french fries," she said.

The 28-year-old blond star has also started planning ahead for Mother's Day, revealing she always does something special for her mom Kathy Hilton.

"It's Mother's Day in a few weeks, so I need to plan what I'm doing."

METRO NEWS SERVICES



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KOOL FM... see what we did there?

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Take Five

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15					16				17			
18					19			20				
			21				22		23			
24	25	26					27		28		29	30
31				32					33		34	
35			36		37				38			
			39		40		41					
42	43				44		45			46	47	48
49						50			51			
52					53				54			
55					56				57			

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY:

Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	1		6			4	3	
8				2		1		7
5				8				
	2	8			3		6	
				7				
	9		5			8	1	
				6				4
9		1		3				2
	5	4			7		8	

Crossword across

1 Poker variety

5 Crooner Damone

8 Ellipse

12 Sci-fi's Skywalker

13 Leading lady?

14 Lima's country

15 Help in a crime

16 Greek

18 Tangy green condiment

20 Noble

21 Anatomical cavities

23 West of Hollywood

24 Sasha and Malia's mom

28 Men only

31 Tavern

32 Diarist Samuel

34 — -la-la

35 All over again

37 Wood-finishing substances

39 Homer's interjection

41 Cain's victim

42 Arouse

45 Arouse

49 "Holder" of a brief explanation

51 Guy

52 Reed instrument

53 Have a bug

54 Additionally

55 Swiss city

56 In medias —

57 Witnessed

Crossword down

1 Cabbage salad

2 Big brass instrument

3 Guitars' kin

4 Remove (from)

5 Planes, trains and automobiles

6 "— Got a Secret"

7 Honeycomb compartment

8 La Scala shows

9 Family feud

10 Seed covering

11 Historic sitcom star

17 Sellers co-star Herbert

19 Road Runner's sound

22 Omega's opposite

24 Biz deg.

25 Author Fleming

26 The U in "IOU"

27 Looks at intently

29 Joan of —

30 Petrol

33 Dispatched

36 Opposite of "improve"

38 South American herd

40 "Whadja say?"

42 Nose-in-the-air sort

43 Tooth-paste dispenser

44 Bosc or Bartlett

46 Hardy cabbage

47 Otherwise

48 Night light?

50 Falsehood

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

S	H	H	A	B	U	T	D	E	E	M	
A	Y	E	W	A	S	H	O	K	R	A	
S	P	R	I	N	T	E	R	Z	E	R	O
H	E	R	M	I	T	U	K	E			
			A	N	Y	W	I	N	T	E	R
G	L	O	G	G	F	A	X	O	R	E	
R	O	V	E	P	R	Y	G	R	I	N	
I	C	E	G	U	Y	G	L	I	N	T	
P	I	N	T	E	R	O	N	E			
			A	M	I	G	E	N	E	R	A
L	A	M	P	S	P	L	I	N	T	E	R
O	B	I	E	T	E	E	S	C	A	M	
W	E	A	R	S	A	S	S	H	R	S	

2	6	9	7	4	1	5	3	8
3	5	4	2	9	8	7	6	1
1	8	7	5	6	3	9	2	4
9	4	1	6	8	2	3	5	7
8	3	6	9	7	5	4	1	2
7	2	5	3	1	4	8	9	6
6	9	3	8	2	7	1	4	5
5	1	8	4	3	6	2	7	9
4	7	2	1	5	9	6	8	3

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:

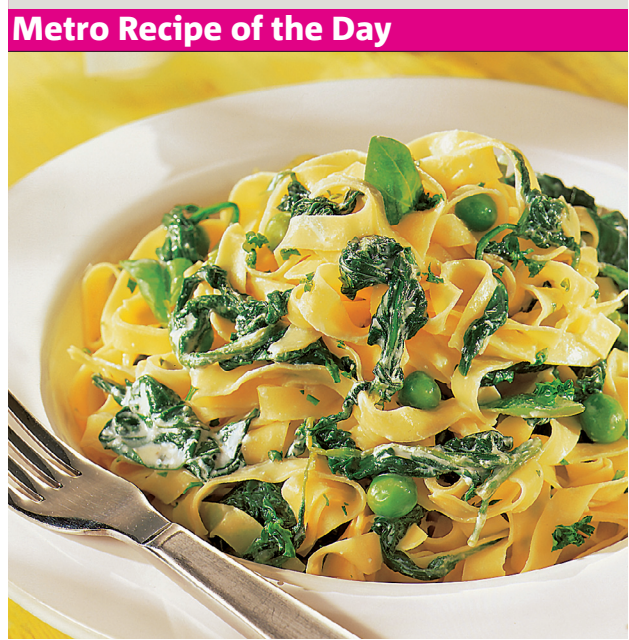
Under 13 minGenius

13-17 min.....Scholar

17-21 minSmart

21-25 minNot bad

25+ min.....Keep practising



Tagliatelle with Green Sauce

INGREDIENTS:

1 bag (10 oz/300 g) baby spinach, thick stems discarded

3 1/2 oz (100 g) watercress, thick stems discarded

1 cup (250 ml) frozen peas

1 lb (500 g) tagliatelle

2 tbsp (25 ml) cornstarch

1 cup (250 ml) sour cream

4 tbsp (60 ml) chopped parsley

6 sprigs fresh basil, torn into pieces

Salt and fresh-ground black pepper

METHOD:

1. Rinse spinach and watercress and place in large pot with just the water clinging to the leaves. Cover and cook over medium heat, stirring and turning vegetables occasionally, 2 minutes or until wilting.

2. Add peas and heat through, uncovered, 2 minutes; there should be enough liquid in pot to cook peas. Tip greens and their liquid into bowl; set aside.

3. Cook pasta in large pot of boiling water over high heat until al dente, according to package directions.

4. Meanwhile, blend cornstarch and sour cream into smooth paste. Put into pot used for cooking vegetables and stir over medium heat until just bubbling. Stir in vegetables, parsley, basil, and salt and pepper to taste. Heat sauce through, then remove pot from the heat.

5. Drain pasta and add to sauce. Toss to mix.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

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Horoscopes

AVATAR VENUS

ARIES

MARCH 21-APRIL 20

A perpetrator makes you note what is said. Don't give up on your friends. A parent brings in fresh ideas.

TAURUS

APRIL 21-MAY 21

A large man won't believe the truth. Stay out of a family squabble. Take special care with money issues.

GEMINI

MAY 22-JUNE 21

A lunch date is expensive. Freedom from limits is established. Contact a friend who knows the details of a chance encounter.

CANCER

JUNE 22-JULY 22

You'll benefit from your past service. Chaos rules when the opportunity arises. Other people will behave oddly.

LEO

JULY 23-AUG 23

A woman teaches an excruciating lesson. The question of fairness erupts in real life. Use tact to solve mindless problems.

VIRGO

AUG 24-SEPT 22

A colleague will play a childish trick. A dispute is brewing below the surface. A dark-haired man answers the call for a hero.

LIBRA

SEPT 23-OCT 23

Don't go to a boring pity party. Mental activity can overwhelm you. Focus on your talent and make demands.

SCORPIO

OCT 24-NOV 22

Lectures won't make anyone straighten up. Keep sane by challenging an investigation. It never helps to cry over spilled milk.

SAGITTARIUS

NOV 23-DEC 21

A moody man repays a good deed. Refuse to argue about reaching a settlement. Your wittiness incites hypersensitivity.

CAPRICORN

DEC 22-JAN 20

Be clear about your intentions. A detail-oriented person treats you right. A tyrant makes goo-gly-eyes at you.

AQUARIUS

JAN 21-FEB 18

A broad-minded female works best for a sensitive project. A sympathetic man has good news. Complicated feelings arise while travelling.

PISCES

FEB 19-MARCH 20

Refuse to make a snap judgment. A lonely friend has deeply felt guilt. Thoughts of the past will give you pleasure.

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BY TRICKY RICKY KANE

1. Prison unit ringing device (1)

2. Heckle a whirling cartoon devil (1)

3. Pretend to be in agony (1)

4. Attractive New York or London (2)

5. Tightly hug elms and oaks (1)

6. More drenched one in the red (2)

7. Purpose of a place where two roads meet (2)

ANSWERS
1. CELL BELL 2. RAZZ TAZ 3. FEIGN PAIN 4. PRETTY CITY
5. SQUEEZE THEES 6. WETTER FETTER 7. JUNCTION
3-9-09

